



Get HEARTSmart

Take the first step to improving your overall health by
visiting your primary care physician and get to know
your healthy heart numbers

**Record your screening values here and save this
document for reference when you complete your
Health Risk Assessment beginning 9/15/2009:**

_____ Systolic Blood pressure: (top number, larger of the two numbers)
_____ Diastolic Blood pressure: (bottom number, smaller of the two numbers)
_____ Total Cholesterol (mg/dL) HDL Cholesterol (mg/dL)
_____ LDL Cholesterol (mg/dL) (only valid with fasting)
_____ Triglycerides (mg/dL)
_____ Glucose (mg/dL)
_____ Waist size (inches)
_____ Hip size (inches)

**Remember to log on to <https://delaware.online.staywell.com>
to complete your personalized Health Risk Assessment
beginning 9/15/2009**

Need Help? Call the StayWell Helpline at: 800-926-5455 for login assistance or to
request a paper copy of
the Health Risk Assessment.